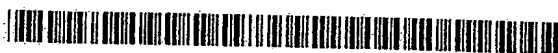


(12) INTERNATIONAL APPLICATION PUBLISHED UNDER THE PATENT COOPERATION TREATY (PCT)

(19) World Intellectual Property
Organization
International Bureau



(43) International Publication Date
16 December 2004 (16.12.2004)

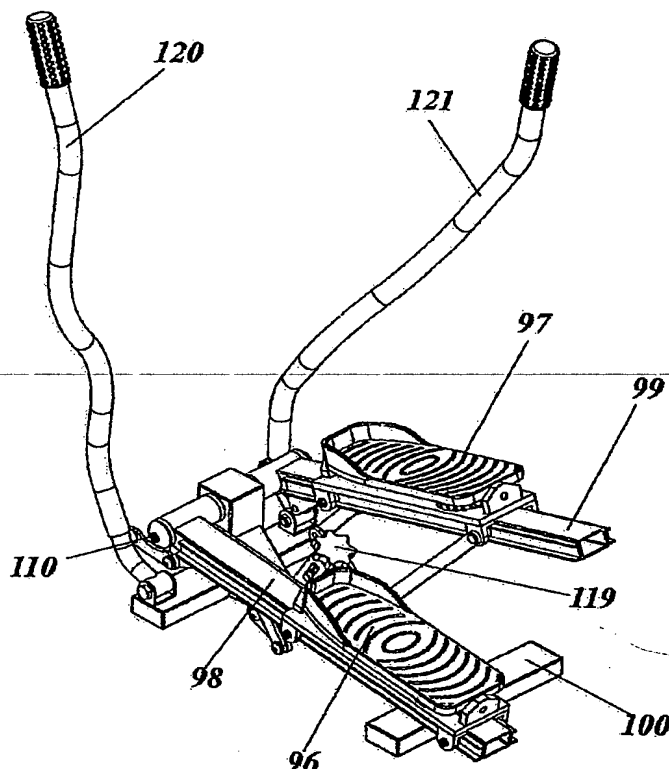
PCT

(10) International Publication Number
WO 2004/108223 A1

- (51) International Patent Classification⁷: A63B 22/04, 23/035
- (71) Applicant (for all designated States except US): FLEX-IPED AS [NO/NO]; Hammersborg Torg 3, N-0179 Oslo (NO).
- (21) International Application Number: PCT/NO2004/000159
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- (22) International Filing Date: 4 June 2004 (04.06.2004)
- (25) Filing Language: Norwegian
- (26) Publication Language: English
- (74) Agent: LANGFELDT, Jens E.C. ANS; Zacco Norway AS, P.O.Box 765, Sentrum, N-0106 Oslo (NO).
- (30) Priority Data:
- | Priority Number | Priority Date | Priority Country |
|-----------------|--------------------------------|------------------|
| 20032568 | 5 June 2003 (05.06.2003) | NO |
| 20034150 | 17 September 2003 (17.09.2003) | NO |
| 20034585 | 10 October 2003 (10.10.2003) | NO |
| 20034754 | 23 October 2003 (23.10.2003) | NO |
| 20034884 | 31 October 2003 (31.10.2003) | NO |
| 20035059 | 13 November 2003 (13.11.2003) | NO |
| 20040290 | 21 January 2004 (21.01.2004) | NO |
- (81) Designated States (unless otherwise indicated, for every kind of national protection available): AE, AG, AI, AM, AT, AU, AZ, BA, BB, BG, BR, BW, BY, BZ, CA, CH, CN, CO, CR, CU, CZ, DE, DK, DM, DZ, EC, EE, EG, ES, FI, GB, GD, GE, GH, GM, HR, HU, ID, IL, IN, IS, JP, KE, KG, KP, KR, KZ, LC, LK, LR, LS, LT, LU, LV, MA, MD, MG, MK, MN, MW, MX, MY, MZ, NA, NI, NO, NZ, OM, PG,

[Continued on next page]

(54) Title: PHYSICAL EXERCISE APPARATUS AND FOOTREST PLATFORM FOR USE WITH THE APPARATUS



(57) Abstract: A physical exercise apparatus equipped with upwardly and downwardly movable bars on which footrest platforms are mounted, and having grip poles that are fixed or movable as part of an exercise, wherein the platforms are tiltable to both sides transverse to an axis that extends along the length of the bars. The platforms each have a tilting mechanism that is steplessly or stepwise adjustable from a locked position to a tilting function state, and the platforms have a means for engagement with a guide track and/or articulated arms that are fastened to the fitness apparatus frame, whereby the platform is caused to be slidably guidable along the bars, and that the movement is a function of the vertical movement of the bars.

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PH, PL, PT, RO, RU, SC, SD, SE, SG, SK, SL, SY, TJ, TM,
TN, TR, TT, TZ, UA, UG, US, UZ, VC, VN, YU, ZA, ZM,
ZW.

SK, TR), OAPI (BF, BJ, CF, CG, CI, CM, GA, GN, GQ,
GW, ML, MR, NE, SN, TD, TG).

(84) Designated States (unless otherwise indicated, for every
kind of regional protection available): ARIPO (BW, GH,
GM, KE, LS, MW, MZ, NA, SD, SL, SZ, TZ, UG, ZM,
ZW), Eurasian (AM, AZ, BY, KG, KZ, MD, RU, TJ, TM),
European (AT, BE, BG, CH, CY, CZ, DE, DK, EE, ES, FI,
FR, GB, GR, HU, IE, IT, LU, MC, NL, PL, PT, RO, SE, SI,

Published:

— with international search report

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ance Notes on Codes and Abbreviations" appearing at the begin-
ning of each regular issue of the PCT Gazette.

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